WHAT IS CLAIMED IS:

- 1. A prefabricated composite panel comprising:
- a frame including a plurality of spaced apart frame members;
- a reinforcing layer fastened to at least one of said frame members; and
- a generally planar concrete slab having a density of 400 to 1760 kg/m³ (25 to 110 pcf), wherein said concrete slab has a front face and a rear face, wherein said reinforcing layer and a portion of said frame are embedded in said slab, and another portion of said frame protrudes from said rear face of said slab.

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- 2. The prefabricated composite panel of claim 1 wherein the concrete slab is aerated concrete.
- 3. The prefabricated composite panel of claim 1 wherein said elongated frame members include C-channel members including a web and two flanges connected to the web.
 - 4. The prefabricated composite panel of claim 3 wherein at least one of said two flanges includes at least one tab and tab-opening, said concrete slab extending through said tab-opening.
 - 5. The prefabricated composite panel of claim 1 wherein the reinforcing layer includes a slit and expanded metal lath.
- 25 6. The prefabricated composite panel of claim 1 further comprising at least one opening in the panel which is partially bounded by said frame members.
- The prefabricated composite panel of claim 1 further comprising at least one outer member removably attached to said frame and bounding at least one
 edge of the panel.

- 8. The prefabricated composite panel of claim 7 wherein said outer member is permanently attached to the composite panel.
 - 9. A prefabricated composite panel comprising:

a concrete slab;

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- a frame including a plurality of spaced apart frame members wherein said frame members are partially embedded in said concrete slab; and
- at least one tab and tab-opening disposed on an embedded portion of said frame members, said concrete slab extending through said tab-opening.
- 10. The prefabricated composite panel of claim 9 wherein said tab is embedded in concrete.
- 11. The prefabricated composite panel of claim 9 wherein said frame members include C-channel members including a web and two flanges connected to the web.
 - 12. The prefabricated composite panel of claim 11 wherein said tab is disposed on a flange and has an angled orientation with respect to said flange.
 - 13. The prefabricated composite panel of claim 9 further comprising a reinforcing layer attached to said frame members.
- 14. The prefabricated composite panel of claim 9 further including anopening in the panel.
 - 15. The prefabricated composite panel of claim 9 further comprising at least one outer member removably attached to said frame and bounding at least one edge of the panel.

- 16. The prefabricated composite panel of claim 9 wherein said concrete slab is aerated concrete having a density of between 400 to 1760 kg/m³ (25 to 110 pounds per cubic foot).
- 5 17. A prefabricated composite panel comprising:
 - a frame including a plurality of spaced apart frame members;
 - a generally planar concrete slab having a front face and a rear face, said concrete slab embedding an embedded portion of said frame so that an exposed portion of said frame protrudes from said rear face; and
- at least one outer member removably fastened to said frame and configured to retain the concrete within an area bounded by said outer member.
 - 18. The composite panel of claim 17 wherein said at least one outer member bounds at least one edge of the panel.
- 15 19. The composite panel of claim 17 wherein said at least one outer member bounds the entire panel.
 - 20. The composite panel of claim 17 wherein said at least one outer member is fastened to said frame by snapping or pressure fitting against said frame.
- 21. A method of fabricating a composite building panel from concrete and a frame, the method comprising the steps of:

attaching at least one outer member to the frame such that said outer member is oriented upside down;

flipping the frame and said attached outer member over generally 180degrees such that said outer member is oriented right side up;

placing said outer member and the frame on a pouring pad;

depositing a concrete slurry onto said pouring pad to a depth such that a portion of the frame is embedded in the concrete; and

curing the concrete.

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- 22. The method of claim 20 further comprising the step of removing the composite panel from said pouring pad with the outer member attached to the frame.
- 5 23. The method of claim 20 further comprising the step of attaching a reinforcing layer to the frame.
 - 24. A method of sealingly fastening two composite panels having a front face and a rear face together, the method comprising the steps of:
 - placing two peripheral frame members of a panel in an opposing arrangement;

disposing an insert between said peripheral frame members;

fastening said peripheral frame members together with a fastener with said insert sandwiched between said frame members; and

disposing a seal between said peripheral frame members near the front face of the panel.